

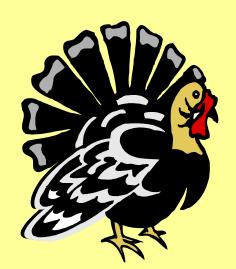
# Kingsport Senior Center News November 2012 Volume XX Edition 02 1200 East Center Street Kingsport, Tennessee 37660



Tuesday, November 20, 2012 First Floor

11:30am-1:30pm

Cost: Bring a dish to serve 8-10



Music provided by: Harry and Jan Rose Hall

Sign up's begin November 2.

#### **Center News**

#### **Open Door Policy**

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

#### **Kingsport Senior Center Refund Policy**

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

The Kingsport Senior
Center is located at
1200 E. Center Street at the
Renaissance Center.
For more information call the
Center at (423) 392-8400
http://seniors.kingsporttn.gov
Center Hours
Monday thru Friday 8:00 am ~ 7:00 pm
Saturday 9:00 am ~ Noon

Lynn View Senior Center Branch Site
257 Walker Street
Kingsport, TN 37665
Phone: (423) 765-0134
Hours: 9am to 2pm ~ Monday ~ Friday
(See branch site page for more information)

\*The exercise room & computer lab will close 15 minutes prior to the closing of the Center.

Membership dues For Fiscal year July 1, 2012-June 30, 2013

\$15 ~ Kingsport Residents \$35 ~ Sullivan County Residents \$60 ~ Out-of-County Residents

#### **Kingsport Senior Center Staff**

Director ~ Shirley Buchanan shirleybuchanan@kingsporttn.gov 392-8403

Branch Coordinator ~ Cindy Price cindyprice@kingsporttn.gov 392-8402

Program Leader ~ Michelle Tolbert michelletolbert@kingsporttn.gov 392-8404

Wellness Coordinator ~ Kevin Lytle kevinlytle@kingsporttn.gov 392-8407

Program Leader ~ Marlana Williams marlanawilliams@kingsporttn.gov 392-8405

Secretary ~ Marsha Mullins marshamullins@kingsporttn.gov 392-8400 **FAX** (423) 224-2488

Program Assistant ~ Jane Whitson janewhitson@kingsporttn.gov 392-8406

Program Assistant ~ Amber Quillen amberquillen@kingsporttn.gov 343-9713

Branch Program Assistant ~ Diana Broyles dianabroyles@kingsporttn.gov 247-5942

Nutrition Site Manager ~ Sona Bingham 246-8060

The Senior Center will be closed for Thanksgiving on the following dates:

Thursday, November 22-Saturday, November 24

#### **WELLNESS**

#### **WELLNESS SEMINARS**

**Fall Prevention Awareness:** Megan Parker with Health-ways/SilverSneakers will be at the Center on **Tuesday, November 6, 2012** at 12:30 pm in the Card Room. Topic of discussion will be "Fall Prevention & SilverSneakers Class Demonstration": You can work toward preventing falls as you build strength, increase flexibility, and improve your balance with the SilverSneakers Fitness Program. All members are invited to attend.

**Neuropathy Awareness:** Dr. Christina Christiansen with Pro Life Chiropractic will be at the Center on **Thursday, November 15, 2012** at 12:30 pm in the Card Room. Topic of discussion will be "Non-Medical Treatment Options for Neuropathy": Neuropathy is a collection of disorders that occurs when nerves of the peripheral nervous system (the part of the nervous system outside of the brain and spinal cord) are damaged. She will cover symptoms, causes, risk factors, test, diagnostics, and treatments. This is an event you will not want to miss, so mark your calendar and plan to attend!

**Medicare 2013:** Andrew Price with Mackie Financial Group will be at the Center on **Tuesday, November 20, 2012** at 12:30 pm in the Card Room. Topic of discussion will be "Understanding Medicare Changes for 2013": This seminar will provide you with valuable information about the up coming changes to Medicare. This is an event you will not want to miss, so mark your calendar and plan to attend!

**Medicare Part 'D':** Marcy Gillenwater with United Healthcare will be at the Center on **Tuesday, November 27, 2012** at 12:30 pm in the Card Room. Topic of discussion will be "Understanding Medicare Advantage Plan Options (Part D)": You will receive information on the benefits and what options are offered from UnitedHealthcare. All members are invited to attend and we hope to see there.

How to Stay Young: Dr. Connie Fulmer with Living Proof Chiropractic, PLLC will be at the Center on Tuesday, December 11, 2012 at 12:30 pm in the Card Room. Topic of discussion will be "How to Stay Young The First One Hundred Years": There will be a spine demonstration to show how the brain sends information down the spinal cord through the nerves which supply every organ and tissue of the body, and the necessity of keeping the spine in alignment so the organs and tissues may receive those signals, thus allowing one to experience optimum health.

**Medical Alert:** Hunter Simpson will be at the Center on **Tuesday, December 18, 2012** at 12:30 pm in the Card Room. Topic of discussion will be "GPS Medical Alert System": You can now have emergency help no matter where you are. This system keeps you in touch with emergency personnel by using GPS and Cellular technology. Mark your calendar and we hope to see you there.

#### **TOURNAMENTS**

**Billiards Tournament (Women Only):** We invite all women pool sharks to show off your skill on **Wednesday, November 28, 2012** at 9:30 am in the Billiards Room. This tournament will be a 8-Ball Tournament singles play, best of three games and double elimination with a minimum of 12 players to sign up for tournament to be held. Cost is \$2.00 per person, payable the day of the tournament. Prizes will be awarded to 1st, 2nd, and 3rd place only. **NOTE:** We will play on the **first three tables** in the billiards room. Sign up in the Office.

**Corn Hole Toss Tournament:** Come join us for a corn hole toss tournament on **Friday, November 30, 2012** at 12:00 pm in the Gym. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played. Sign up in the Office.

#### **Mini Health Fair**

The Senior Center will host a Mini Health Fair in the hallway Billiards Room side on **Tuesday, November 13, 2012** from 9:00 am to 11:00 am. Come join us for a day of Wellness. Fall Assessments on the "Biodex" balance machine and Blood Pressure checks. Door prizes will be given at 11:15 am and you must be present at the time names are drawn to win. Participants for this event will be: Crest Point Health, Greystone Health Care Center, Life Care Center of Gray, Walgreens Pharmacy, Windsor Medicare Extra. So mark your calendar for this very important date to be part of the fun.

#### **Lathe Demonstration Class**

Gary Albertson and Lee Eldredge will be demonstrate how to turn wooden bowls, small bells, and ball point pens. Class will be in the Wood Shop on **Thursday**, **November 15**, **2012** from 1:00 pm to 3:00 pm. Cost is \$40.00 per-person and paid to the instructors on the day of class. Sign up in the Office, we will need a minimum of four for class to be held, with a maximum of twelve.

#### **BP BLASTER**

Back in the day, docs kept guys with high BP out of the gym. But no more: *Weight training may help lower high blood pressure,* say researchers in Brazil. When a group of men with hypertension stopped their meds and lifted weights 3 days a week for 12 weeks, their blood pressure dipped 11.5 percent. "We think weightlifting directly improves blood vessel or nervous system function," says study author Ronaldo Araujo, Ph.D. The best part: The men's BP stayed lowered for 4 weeks after they quit pumping iron.

#### **Inspirational Quote of the Month**

I have found that if you love life, life will love you back: Arthur Rubinstein

### **Daily Activities and Classes at the Center**

#### **Monday**

Aerobics ~ 8:30 & 9:15 ~ Gym

Tai-chi ~ 8:30 ~ Room 310

Quilting ~ 9:00 ~ Room 303

Open Woodshop ~ 9:00

Camera Club ~ Go to www.scphotogroup.com

Happy Day Singers ~ 9:45

Beginning Throwing ~ 10:00 ~ Ceramic/Clay Room

Strength Training ~ 10:15 ~ Gym

Lap Swimming ~ 12:30-1:00~ DB Pool

Beginning Clogging ~ 10:30 ~ Room 302

Beginning Belly Dance ~ 12:00 noon ~ Room 302

Table Tennis ~ 1:00 ~ Gym

Knitting ~ 1:00 ~ Room 303

Beginning Handbuilding ~ 3:00 ~ Clay/Ceramic Room

Volleyball ~ 4:00 ~ Gym

#### **Tuesday**

Piano Lessons ~ 8:00 ~ Multipurpose Room Mini Cardio ~ 8:45 ~ Room 302 Ceramics ~ 9:00 ~ Ceramics/Clay Studio Strength Training ~ 9:30 ~ Gvm Basket weaving ~ 9:30-11:30, 12:00-2:00 Room 303 Renaissance Strings ~ 10:00 ~ Atrium Sing Along ~ 10:15 ~ Cafeteria Exercise for Everybody ~ 10:30 ~ Gym Good Neighbors ~ 12:15 ~ Lounge Lap Swimming ~ 12:30-1:00 ~ DB Pool Jam Session II ~ 12:30 ~ Cafeteria Beginning Dulcimer ~ 11:00 ~ Atrium Intermediate Dulcimer ~ 11:00 ~ Atrium Shuffleboard ~ 1:00 ~ Ceramics Hallway Pickleball ~ 1:00 ~ Gym Basketball ~ 4:00 ~ Gym Ballroom Video Class ~ 4:30pm ~ Room 302

#### **Wednesday**

Aerobics  $\sim 8:30 \& 9:15 \sim \text{Gym}$ Tai-chi  $\sim 8:30 \sim \text{Room } 310$ Open Woodshop  $\sim 9:00$ Beginning Handbuilding  $\sim 10:00 \sim \text{Clay/Ceramic Room}$ Strength Training  $\sim 10:15 \sim \text{Gym}$ Hand and Foot Card Game  $\sim 12:30 \sim \text{Card Room}$ Lap Swimming  $\sim 12:30-1:00 \sim \text{DB Pool}$ Clogging  $\sim 11:15 \sim \text{Room } 302$ Table Tennis  $\sim 1:00 \sim \text{Gym}$ Belly Dancing  $\sim 1:00 \sim \text{Room } 303$ 

#### **Thursday**

Piano Lessons ~ 8:00 ~ Multipurpose Room Mini Cardio ~ 8:45 ~ Room 302 Ceramics ~ 9:00 ~ Ceramics/Clay Studio Woodcarving ~ 9:00 ~ Room 303 Strength Training ~ 9:30 ~ Gym Exercise for Everybody ~ 10:30 ~ Gym Jam Session ~ 12:30 ~ Cafeteria Good Neighbors ~ 12:15 ~ Lounge Lap Swimming ~ 12:30-1:00 ~ DB Pool Volleyball ~ 1:00~ Gym Pickleball ~ 4:00 ~ Gym Ballroom Dance ~ 5:00 ~ Room 302

#### **Friday**

Aerobics ~ 8:30 & 9:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Open Woodshop ~ 9:00
Massage Therapy ~ 9:45 ~ Multipurpose Room ~ (appointment only)
Strength Training ~ 10:15 ~ Gym
Lap Swimming ~ 12:30-1:00~ DB Pool
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 ~ Card Room
Art Class ~ 2:00 ~ Room 303
Mahjong ~ 2:00 ~ Multipurpose Room
Basic Photography ~ 3:00 ~ TBA

#### <u>Saturday</u>

Basketball ~ 9:00 ~ Gym Table Tennis ~ 10:30 ~ Gym Harmonica ~ 9:00 ~ Multipurpose Room



#### TRAVEL AND SPECIAL EVENTS

Be a Santa to a Senior Tree ~ Hallway Outside Office ~ November 1—December 6

Cheese 101 ~ Card Room ~ Monday, November 12, 2012 ~ 10:00am ~ FREE ~ Sign up's begin November 1.

Veterans Day Potluck ~ Lynn View Community Center ~ Monday, November 12, 2012 ~ 11:30am-1:00pm ~ Cost: Bring a dish for you and a veteran ~ Sign up's began October 12.

Fruit and Veggie Sculpturing ~ Lounge ~ Monday, November 12, 2012 ~ 12:30pm-2:00pm ~ Cost: \$2.00 ~ Sign up's began October 12.

Social Security Q/A ~ Card Room ~ Tuesday, November 13, 2012 ~ 12:30pm-1:30pm ~ FREE ~ Sign up's began October 12.

Uploading Photos (Holiday Creations) 101 with Walgreens ~ Computer lab ~ Thursday, November 15, 2012 ~ 10:30am-11:30am ~ FREE ~ Sign up's begin November 1.

**Woodmen of the World Breakfast ~ Cafeteria** ~ Thursday, November 15, 2012 ~
8:30am ~ Free!!

Asheville Mall Shopping Trip ~ Asheville, NC ~ Friday, November 16, 2012 ~ 8:30am-5:30pm ~ Cost: \$8.00 for transportation ~ Lunch on your own~ Sign up's began October 5.

Christmas Tree Decorating Party ~ Atrium ~ Tuesday, November 27, 2012 ~ 12:15pm-1:15pm.

Be a Santa to a Senior Wrapping Party ~ Card Room ~ Tuesday, December 11, 2012 ~ 10:00am ~ Sign up's begin November 2.

## Senior Center Members Please Remember:

We do have a suggestion and comment box in the cafeteria, where you can place suggestions for trips, or anything concerning the senior center.

The box is checked weekly and we welcome suggestions and comments!

#### **Travel Tips:**

Remember to wear or bring appropriate clothing for the season when traveling with the senior center...we're moving into those chilly and/or rainy days!!

When traveling with the senior center, please remember that signing up "first" does not guarantee a choice of seating on the center's vehicle. Every effort is made to make individuals with carsickness comfortable. When signing up for a trip, if you require seating due to medical needs, please mention it at that time, so that a notation can be made.

All trips require a sufficient number of travelers to make a trip affordable, and are subject to cancellation if numbers are not met.

It is absolutely essential that you sign on the electronic check in system, for attending the trip you're going on, before leaving.

#### TRAVEL AND SPECIAL EVENTS

#### **Antique Road Show**

Monday, November 5, 2012 12:30pm-1:30pm Cafeteria

**Appraiser Steve Ladd** 

5 minute session. Limit 2 antiques per person.

Come see what your antiques are worth!!

### Sign up now!!!

### **Smokey Mtn. Opry Matinee Show**

Tuesday, December 4, 2012 Pigeon Forge, TN 10:45am-6:00pm

Cost: \$47.00 all inclusive

Lunch at Tony Roma's. (Included in price)

33 person max!!

Sign up's begin November 2.

## OTLB: Yoder's Country Market and Deli

Friday, December 7, 2012 Bulls Gap, TN 10:30am-4:30pm

Cost: \$8.00/Lunch on your own

Menu at front desk.



Sign up's begin November 6.

## Festival of Trees at SWVA Museum

Wednesday, December 12, 2012 Big Stone Gap, VA 9:00am-4:30pm

Cost: \$8.00 plus \$3.00 day of trip

\*\*Lunch on your own at Bonanza Steakhouse\*\*



Sign up's begin November 7.

#### **Your Page**

#### **From the Dancing Corner**

The November Rascal's Dance will feature an inaugural performance by Ivy Road. This band has been around for over 15 years, featuring Jason Lloyd and Lynda Laws. Jason is one of the best and most entertaining keyboardists in the area and also sings and plays the guitar. Lynda adds singing with rhythm and drums. Buddy Capps, singer and guitarist, has more recently joined the band.

Ivy Road has been the opening act for Johnny Winters, The Marshall Tucker Band, and Black Oak Arkansas. They have toured and played festivals in Scotland, fan-fare in Nashville, Binion's Horseshoe Lounge in Mississippi, and been the headline act for The Little Chicago Blues Festival. They've been featured on The King Pup Radio Hour, Live with Dave Carter on WETS and on HTV3 television. They have performed at The Blue Plum Festival, the Abington Highland Festival, Grandfather Mountain Highland Games, Speyfest in the United Kingdom and many more.

Come out and welcome this group on November 9, 2012. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$8.00 per person or \$15.00 per couple. Please bring a snack to share at band intermission.



#### **A New Beginning**

Thursday, November 15, 2012
(Meets the 3rd Thursday of each month)

**Multipurpose Room 4:30pm-6:00pm** 

**FREE** 

**Leader: Ben Hubert** 

In this group we re-learn how to enjoy life when we have suffered a loss. Come enjoy light refreshments and learn what this group is all about.



#### **Dulcimer Class:**

(L-R) Linda Neeley, David Wilson, Tom Fields, Howard Osborne, Don Salyers, Johnny Clark (Instructor), Laura Minnich, Clyde Larkins, Edna Longwell.

#### **NEWS TO USE**

E-BAY AND AUCTION SITES
ONE DAY SEMINAR
Tuesday, November 13th
9:00 a.m.—11:30 a.m.

& 1:00 p.m.—3:30 p.m. \$10.00

Sign up in the senior center office

#### **Manicures**

Tuesday, November 13, 2012 Multipurpose Room 11:30am-1:30pm

\*Dobyns-Bennett cosmetology\*

**Cost: \$2.00 paid to manicurist** 

Sign up's began October 12.

\*\*Attention Clay Enthusiast\*\*

Clay is available to purchase in the senior center office for \$11.00. Say thank you to Aleta for keeping us stocked!



#### **A Tasty Treat from Marsha**

Stuffed French Toast (Something good for your holiday brunch or breakfast)

#### **Ingredients**

1 8oz tub reduced fat cream cheese
3 tbs. Splenda or sugar
8 slices cinnamon swirl bread
4 eggs
1/2 cup skim milk
Fresh blueberries
Fresh strawberries, sliced
Flavored syrup, optional

#### **Directions**

Mix cream cheese and sugar until well blended; spread on bread slices. Place 4 bread slices, cream cheese side up in an 8 inch square baking dish sprayed with cooking spray. Cover with remaining bread slices, cream cheese sides down.

Mix milk and eggs and blend well; pour over the bread. Cover. Refrigerate overnight.

Bake at 350° uncovered for 30-35 minutes until center is set and tops are lightly browned. Serve with fruit or optional flavored syrup.

Can be doubled or tripled easily.



You can properly dispose of your American Flag by using our flag boxes which are placed at our two convenient locations: First floor of the Renaissance Center and The Lynn View Community Center.



Congratulations to the Senior Center Wii Bowling team, Up Your Alley! The team had another successful season. The team ended their season as being ranked 14th in the nation, 1st in the state and 1st in the conference. Also bringing home the National Championship Conference Champion Trophy.

Picture (L-R) George Price, Angela Price, Joyce Manis, Jim Allen, Carole Keene, Charles Gray, Coach Amber Quillen

**Not Pictured: Jim Lane** 

#### **Generations Online Internet Class**

#### Monday, Wednesdays and Fridays 1:00 PM - 5:00 PM

This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. "Peer Coach" - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there computer available for you. Please call 392-8433.

#### **Karaoke**

#### Tuesday, November 20, 2012 4:00pm Cafeteria



#### **Genealogy Group**

Friday's ~ Computer lab 9:00am

Massage Therapy
Fridays with Debra Defrieze
30 minute massage
Cost: \$15.00
call (423)791-4693

## **FALL 2012 BRANCH SITE SCHEDULE**

#### Core Conditioning

Tuesday & FridayTime: 10:00 a.m.

Location: Boys/Girls Club
Instructor: Chris Hicks
Great for all ages.

• Gain core strength

#### **Beginning Drawing**

Wednesdays

Time: 10:00 a.m. - 12:00 noon
Location: Lynn View Branch Site
Instructor: Jo Anne McDonough

Basic drawing class

#### **Advanced Drawing**

Wednesdays

• Time: 9:00-11:00am

Location: Lynn View Branch SiteInsturctor: Jo Anne McDonough

 Must have taken the beginning class or have permission of the instructor

#### Line Dance - Beginning

Monday

Time: 11:30am - 12:30pmLocation: Boys/Girls Club

Instructor: Lyna Faye McConnellMUST WEAR SOFT-SOLED SHOES

#### **Line Dance - Intermediate**

Mondays

Time: 12:45pm –1:45pmLocation: Boys/Girls Club

Instructor: Lyna Faye McConnell

 Faster-paced, less instruction for advanced dancers.

MUST WEAR SOFT-SOLED SHOES

#### **Advanced Yoga**

Tuesdays & ThursdaysTime: 11:00am - 11:30am

 Location: First Broad Street UMC, Rec. Room

• Instructor: Tish Kashdan

#### **Private Personal training with Chris**

Call for appointment ~ 723-9967

Call for prices

• Instructor: Chris Hicks

#### **Artist and Crafters Monthly Breakfast**

2nd Tuesday each month

• Lynn View Branch Site

Please call for reservation

#### **Strength Training**

Tuesdays & Thursdays

• Time: 9:00 a.m.

• Location: Lynn View Branch Site

• Instructor: Chris Hicks

#### **Yoga**

Tuesdays & Thursdays

Time: 11:00-11:30 Standing PosesTime: 11:30-12:30 Floor Work

Location: First Broad Street UMC

• Instructor: Tish Kashdan

#### **Zumba Fitness**

Tuesdays & Fridays

• Time: 10:45 am

Location: Lynn View Branch Site

• Instructor: B. J. Golidav

• Minimum of 8 students required

#### **Silver Sneakers Yoga Stretch**

Mondays & Wednesdays

• Time: 9:00 a.m.

Location: Lynn View Branch Site

• Instructor: Diane Broyles

## Silver Sneakers Muscular Strength and Range of Movement

Mondays & Wednesdays Time: 10:00 a.m.

Location: Lynn View Branch Site

Instructor: Chris Hicks

#### <u>Piloxing</u>

Tuesdays & Thursdays

• 9:30 a.m.

 Location: Colonial Heights Baptist Church

• Instructor: Terri Bowling

 This class is a combination pilates and kick boxing and is an intense workout.

#### **Total Body Workout**

Mondays & Wednesdays

• Time: 9:30am

Location: VO Dobbins Community

Center Gym #2Instructor: Terri Bowling

#### **Game Day**

3rd Tuesday of Month

• Time: 12:00 noon

Lynn View CafeteriaGroup Leader: TBA

Sequence and variety of board games

#### **Pickle-ball**

• Wednesdays and Fridays

• 2:00—4:00 pm

Lynn View Branch Site

#### **Ageless Grace**

6 week class

Mondays & Wednesdays

• Time: 9:30

• Location: Colonial Heights Baptist

Church

Instructor: Larissa Powers

#### <u>Walking</u>

Monday-Friday

• Time: 9:00 a.m.—12:00 noon

 Location: Colonial Heights Baptist Church Walking track

• There will be a roster in the gym office at the church. Please sign the roster as with any other class.

Don't forget to visit the Kingsport Senior Artisan Center and support your regional senior Artists. There are many beautiful handmade items for sale.





CLASSES BEGAN THE WEEK OF September 10, 2012 UNLESS OTHERWISE NOTED.

Kingsport Adult education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400

All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.

#### **JOB SKILLS**

#### **Beginning Computer Literacy**

- 6 WeeksFee \$70
- Instructor: TBA
- Wednesdays 6:00 8:00pm
- Location: Computer Lab, Lynn View CC

## **2008 National Electric Code** (Commercial)

- 8 Weeks
- Fee: \$70
- Mondays 6:00 8:00pm
- Instructor: Chris Ferrell, Electrical
- Inspector
- Location: Renaissance Center Cafeteria

## 2008 National Electric Code (Residential)

- 8 Weeks (Begins January 21, 2013)
- Fee \$70
- Mondays 6:00-8:00 p.m.
- Instructor: Chris Ferrell, Electrical
- Inspector
- Location: Renaissance Center Cafeteria

### Beginning Heating Ventilation and Air Conditioning Certification Preparation

- 10 Weeks
- Fee: \$165
- Tuesdays 6:00pm 9:00pm
- Instructor: Jim Dotson
- Location: Multipurpose Room, Renaissance Center

There will be 2 more 10 week sessions following this class. Upon completion of all three sessions you will be prepared to take your certification test.

Must have a minimum of 5 students, must pre-register.

#### **CULTURAL/ARTS/CRAFTS**

#### **Card Making Workshop**

- 5:30pm
- Instructor: TBA
- Fee: \$10/includes materials
- Location: Lynn View Community Center

You will make 5 cards and take materials home to make additional 5 cards.

#### **Beginning Crochet**

Coming to Lynn View Branch Site Watch for start dates.

#### **Fly Tying**

- 8 weeks
- Tuesdays
- 6:00 p.m. 8:00 p.m.
- Instructor: Joseph Aimetti
- Fee: \$10 plus supplies
- Supply list available at sign up
- Location: Lynn View Community Center
- Minimum of 5 students

Learn to tie basic flies used in fly fishing. A more advanced class will be offered in the winter.

#### **Beginning Clay**

- 8 week class
- Tuesdays, 6-8 pm
- Fee: \$60 plus \$10 clay and \$10 firing fee
- Instructor: Kara BledsoeMinimum: 8 studentsMaximum: 15 students

This is a beginning hand building clay class. You will learn basic hand building techniques. You will complete 8 different projects.

#### **HEALTH/EXERCISE**

#### **Beginning Golf Lessons**

- 6 weeks (Beginning 2nd Tuesday in April, 2013)
- Fee: \$25
- Tuesdays 6:00 p.m.
- Instructor: TBA
- Begins April, 2013

Call for more information

#### Personal Training with Chris

- Instructor: Chris Hicks
- Available by the hour or as package Contact Chris (423-741-5643)

#### **Zumba Fitness**

• 6 weeks

New sessions, Nov 29, Jan 17, March

- \$25 fee per session
- Instructor: Becky Mills
- Location: Lynn View Community Center, Cafeteria

#### **Piloxing**

- Tuesdays and Thursdays
- 9:30 a.m.
- Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination between pilates and kick boxing. It is a high intensity exercise class.

#### **Piloxing**

- Tuesday
- 6:00 p.m.
- Room 302, Senior Center
- Instructor: Becky Mills
- Limited to 15 participants
- \$30.00 payable first night of class

#### **DANCE CLASSES**

#### **Salsa Dance**

- 4 weeks
- Fee: \$10 for 4 weeks/ 8 classes
- Tuesday & Thursdays
- Time: 1:00
- Room 302, Renaissance Center
- Instructor: BJ Goliday

## A Tribute to our Veterans

"The veterans of our military services have put their lives on the line to protect the freedoms that we enjoy. They have dedicated their lives to their country and deserve to be recognized for their commitment."

~ Judd Gregg

We, at the Kingsport Senior Center, would like to give a special thank you to all of our veterans!!



Blaine Gilliam U.S. Army



Ron Smith U.S. Army



Billy Martin U.S. Army



Lewis McMullin U.S. Army



Ed Jones
U.S Army/Air Force



Jim Lane U.S. Air Force



D.B. Honeycutt U.S. Army/Navy



Larry Miller U.S. Army





## A Tribute to our Veterans



Don Robinette U.S. Army



Dean Alder U.S. Air Force



Billy Hayden U.S. Army



Wallace Pridgen U.S. Navy



Bill Barnes U.S. Army



Terry Lane U.S. Army



Lee Miller U.S. Army



Kevin Lytle U.S. Navy



Don Salyer U.S. Air Force



Jay Greene U.S. Air Force



Bobby J. Dean U.S. Army



Wade Canipe U.S. Army



Wayne Mullins U.S. Army



## Did You Know??



Eating berries helps keep the brain healthier and increase memory.

There are 52 cards in a deck to represent the 52 weeks in a year. The 4 suits represent the 4 seasons.

More than half of the entire world's population is under 25-years-old.

Red Velvet cake, tastes delicious, and is made from bugs! The Cochineal, an insect that feeds on cacti, is prized for the brilliant red color it produces when crushed.

Every Chili's restaurant has one picture hanging upside-down inside and it's a challenge for the customers to find.

Cows give more milk when they listen to music.

Bubble wrap was first manufactured to be sold as wallpaper.

In 1965, Mitt Romney was arrested for using large blocks of ice to slide down the slopes of a golf course.

By the age of 70, the average American will have eaten 23 pigs, 14 cattle, and 12 sheep.

The average American consumes about 7 pounds of potato chips every year.

Pringles are not considered a potato chip because only 42% is made from potatoes. The rest is made from rice and flour.

Fresh apples give off ethylene gas, which when put next to bananas, helps them ripen faster.

A scorpion can hold its breath for up to 6 days.

Lemons will repel spiders.

IKEA stores are designed like mazes in order to prevent customers from leaving.

Humans are the slowest growing of all mammals.









Thursday, Nov. 15
Andy and The Beats

7 pm, Kingsport Renaissance Center Theatre, \$12 general admission (with \$2 from each ticket going directly to JDRF)

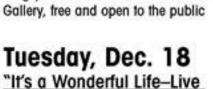


Thursday, Dec. 13

TRADITION-Tennessee Lives

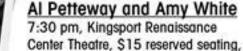
& Legacies

Opening reception 4–7 pm. Exhibit continues through Feb. 12, 2nd floor – Kingsport Renaissance Center Atrium Gallery, free and open to the public



7 pm, Kingsport Renaissance Center (2nd Floor Gallery), \$15 reserved seating, \$12 student ticket





Friday, Dec. 7

\$10 student ticket

1200 E. CENTER ST. . KINGSPORT, TN 37660 . 423.392.8414

www.EngageKingsport.com

## KINGSPORT SENIOR ARTISAN CENTER HOLIDAY HOURS

Beginning Saturday, October 27th the Artisan Center will be open Saturdays from 10 a.m.-2 p.m. through Christmas.

Beginning the week of November 5th we will also be open each Tuesday, Thursday and Friday from



4 p.m. until 7:30 p.m. Stop by and do some Christmas shopping, we have some beautiful new handmade items.



## Allandale Dance

Tuesday, December 4, 2012 6:30pm-9:30pm Allandale Mansion

Cost: \$10.00 per person

**Music by: John Pafford Band** 



**Purchase Tickets on November 5.** 

Kingsport Senior Center 1200 E. Center Street Kingsport, TN. 37660 Phone: 423-392-8400 PRSRT STD U.S. POSTAGE PAID KINGSPORT, TN PERMIT NO. 291